



LENS TOWARDS THE FUTURE

YOUTH EXCHANGE

24th of February - 2nd of March 2023

Rzeszów, Poland

About the project

It is an interactive 5-day program (+2 days for arrival and departure) focused on developing language, intercultural and media skills.

Join us and spend a fruitful time meeting new people from Hungary, Slovakia, Poland and Ukraine! Break stereotypes, gain new knowledge in media and photography, and develop yourself personally and professionally.

The "Lens Towards The Future" program is based on non-formal methods. It is composed of social games, team building, workshops and cultural visits. We will use photography as a tool to communicate, work together, show our cultural specifications and express ourselves as individuals!

Take part in this adventure and see for yourself that regardless of nationality, beliefs, age or gender, all of us have common values and can make friends all around Europe!

Looking forward to seeing you in Rzeszów!



Program

You must arrive on the 24th of February for dinner and depart on the 2nd of March 2023 after breakfast.

The program starts on Saturday, 25th of February 2023, and it ends on Wednesday, 1st of March 2023.

	Saturday, 25th of February	Sunday, 26th of February	Monday, 27th of February	Tuesday, 28th of February	Wednesday, 1st of March
8:30-9:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 - 11.30	Welcome & Getting to know each other	The Power of photography	Taking Pictures	Cultural visit to Rzeszowskie Piwnice	Preparations for the Vernissage
11:30 - 12:00	Break	Break	Break	Break	Break
12.00 - 13.30	Team Bulidng	Discussions around contemporary problems	Taking Pictures	Cultural visit to Rzeszowskie Piwnice	Erasmus Plus & Youthpass
13.30 - 15.00	Lunch	Lunch	Lunch	Lunch	Lunch
15.00 - 17.00	Rzeszów City Tour	Light and Composition in Photography	Selecting final pictures. Editing and preparing them	Free afternoon	Evaluation & Goodbyes
17.00 - 17.30	Daily reflection & evaluation	Daily reflection & evaluation	Daily reflection & evaluation	Daily reflection & evaluation	Daily reflection & evaluation
18.30 - 20.00	Optional Evening Program at INPRO	Intercultural Evening Program	Optional Evening Program at INPRO	Optional Evening Program at INPRO	Open Cafe and Vernissage

Who is this for?

If you are:

- from Hungary, Slovakia or Ukraine,
- available from the 24th of February until 2nd of March, 2023,
- between 16 and 20 years old,
- able to communicate in English,
- interested in photography, cultural exchanges,
- supported by sending organizations from your country.

Then this project is for you!

Contact your **Sending Organization** to learn more about how to apply!



Rzeszów

The youth exchange will take place in Rzeszów, the biggest city in southeastern Poland, with a population of 200,000 people as of December 2022. It is located on both sides of Wisłok in the heartland of the Sandomierska Valley. The city, which was granted a town charter in 1354, has been the capital of the Podkarpackie Voivodeship since 1999 and is also the seat of Rzeszów County.



You are expected to arrive on the 24th of February 2023 for dinner and depart on the 2nd of March after breakfast.

The closest and most convenient airports:

Rzeszów Jasionka International Airport:

<http://www.rzeszowairport.pl/en>

Kraków Balice Airport: <http://www.krakowairport.pl/en/>

Warsaw Chopin Airport: <http://www.lotnisko-chopina.pl/en>

You can also consider coming by:

- a bus <https://www.flixbus.pl/>
- a train <https://www.pkp.pl/en/>



Accommodation & Venue

You will be accommodated in our hostel in rooms of 2-5 people. There are shared bathrooms - separate for men and women.

<https://www.goinpro.org/en/hostel-2/>

Breakfast will be served in the hostel. Lunches and dinners will be organized in different places in the city.



Financial support

Participation is free of charge. The project is fully-funded!

We will cover the costs of accommodation, food and the programme. We will also reimburse your travel costs up to a certain limit. To learn more about travel budgets and arrangements, please contact your sending organization. The travel tickets, up to a certain limit, are reimbursed after the project.

Covid Restrictions

Please visit <https://reopen.europa.eu/en/map/POL/7011> to learn more about current sanitary and travel restrictions.

We strongly recommend being vaccinated to travel and participate safely. The organizer does not take responsibility for additional costs that might occur due to participating unvaccinated such as quarantine, travel plan changes and similar.

Erasmus +

This project is funded by the Erasmus Plus Program under Key Action 1. Want to find more information about possible opportunities in the future? Visit the following website here: https://europa.eu/youth/EU_en



Currency

The domestic currency in Poland is **PLN (Polish Zloty)**, which is about 4.65 to 1 Euro. In Poland, most places will accept Visa and Master Card debit and credit cards. You can also withdraw cash from ATMs all over Poland, but please check with your bank to confirm if you are able to do that. The domestic Finland currency is Euro. Most places will accept Visa and Master cards.

Weather

The weather in Rzeszów in Poland, in general, is cold during this period, with average temperatures ranging between -3 - +1°C. There are also chances of snow. So, make sure to bring with you clothes and shoes for this weather.

Electricity

Single-phase voltage 230 V, frequency 50 Hz. Plugs and sockets are according to type C and E. Details here: <http://www.worldstandards.eu/electricity/plug-voltage-by-country/>

Phone and Internet

Wi-Fi is available in the hotel as well as in the training room.

Insurance

You **MUST** arrange your own travel insurance. If you are an EU resident, you can use the free European Health Insurance Card (EHIC). For more information, please check: ec.europa.eu/social/main.jsp?catId=509&langId=en.

See you soon!

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